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June 1946

# Consumers' guide



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**ILLUSTRATIONS:** Cover, New York City Housing Authority; p. 3, Prefabricated Home Manufacturers Institute; p. 4, top, Gunnison Housing Corporation, second, Federal Public Housing Authority, others, Forest Service; pp. 6, 7, 8, drawings, Katharine Johnson; p. 9, United Air Lines; p. 10, right, Delta Air Lines, left, United Air Lines; p. 11, United Air Lines; pp. 12, 13, 14, Extension Service; pp. 5 and 16, drawings, Howard Chapman.

## A Statement by the Chairman of The Famine Emergency Committee

The tragedy of famine in these days—before the harvest of the current year's crop—has struck great areas of the world and hundreds of millions of people. It is more severe in the days just before the harvest, because the pitifully small stocks have been depleted by use throughout the past 12 months. Today the world looks ahead to another year of short food supplies. True, there will be a great deal more food in the world with the coming of this year's harvest. But that food must last until the harvest of 1947.

Every report coming before us makes it plain that the present famine is not a short-run emergency that ends on July 1.

The present food shortages have been seriously aggravated by drought in many parts of the world; but, even with good weather, the wartime destruction of agricultural facilities will be felt for a long time. Farm animals and farm machinery have been destroyed. The strength of farm workers has been weakened by poor nutrition. Fertilizers are extremely short.

The emphasis necessarily placed on the 120 days, from March through June, does not mean that the threat of famine will then be over. These 120 days are the first lap in the race; we have to limit, or untold millions of our fellow human beings will be eliminated. After we win that first sprint, there will be a breathing spell before mass hunger reappears in the late winter of 1947. This Nation should start to work now on a soundly constructed program to meet it.

Because it was immediately upon us, the problem of keeping people alive until this summer's harvest has been tackled first. That is why the Famine Emergency Committee has called for sharp voluntary reduction of human consumption of grains, fats, and oils. This is why we have urged that more grain be diverted from the Nation's feed lots. These measures support the direct governmental steps that have been taken; they are absolutely necessary to avert mass starvation during the months before the harvests abroad begin this summer.

*Chester C. L. Jones*

### CONSUMERS' GUIDE Issued Monthly

A Publication of the U. S. Department of Agriculture,  
Washington, D. C.

Editor, Ben James; associate editors, Lewis Carliner, Anne Carter, Elizabeth Spence;  
art, Howard E. Chapman.

CONSUMERS' GUIDE is printed with the approval of the Bureau of the Budget as required by Rule 42 of the Joint Committee on Printing. Official free distribution is limited. Additional copies may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., 5 cents a copy, or by subscription, 50 cents a year, domestic; 70 cents a year, foreign. Postage stamp will not be accepted in payment.

**Chevy Chase Realty Co.**  
1800 11th St. N.E.  
Garrett Park  
Bungalow in excellent condition; living room with fireplace, dining room, kitchen, and bath on first floor; second floor partially finished; full basement and large lot; just reduced to \$10,000.

**Chevy Chase Realty Co.**  
1800 11th St. N.E.  
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Bungalow for sale in excellent condition; living room with fireplace, dining room, kitchen, and bath on first floor; second floor partially finished; full basement and large lot; just reduced to \$10,000.

**Kenwood**  
Beautiful stone and clapboard located on large corner lot. Will be the most discriminating buyer's dream. Large step-down living room, equipped kitchen; 2d floor, 3 large bedrooms and tile bathroom; large master room and tile bathroom; large storage attic; basement unfinished recreation room with maid's bath over it. Price \$33,000. Call for appointment. Exclusive. J. A. TWEED, 1290, till 9 p. m.

**Silver Spring**  
Attractive 6-room house; 2 bedrooms, 1st floor. Recreation room, full basement, gas heat. Has to be seen to be appreciated. May obtain immediate possession.

**NGTON REALTY**  
1 Georgia Ave. N.E.  
Call SL 6229.

**Silver Spring**  
Of this attractive brick bungalow, stairs to full basement, oil heat, large grounds, convenient parking.

**DETACHED HOUSE**  
With 2 extra lots; Fairfax dr. front and rear; 1st floor, living room, dining room, kitchen, and bath; 2d floor, 2 bedrooms, 1 bath, recreation room, and another bath; maid's room, architecture with the sparkle of modern interior decoration. Living room, den and library. 4 bedrooms, 2 baths, an estate of 25 acres, 12 in woodlands, fenced acre; American farmhouse and barn.

**WEATHER REALTY OFFERS**  
Large asbestos shingle bungalow on lot 130x397; large living rm., fireplace, dining rm., kitchen, 2 bedrooms, tile bath; stairway to insulated, oak floored and winter hook-up, oil heat, summer bath, oil heat, full basement brick, tile place, larger 3-bedroom brick; \$13,375 with \$5000 cash. New 3-bedroom brick, fireplace, tile bath, oil heat, full basement brick; \$13,500. New, larger 3-bedroom brick; \$13,530, with \$6,000 cash. 5-room asbestos shingle bungalow, utility room. On large lot.

**THE OLD RELIABLE OFFICE**  
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**ENGLEWOOD**  
In a setting of trees and shrubs, a charming 6-room bungalow with 2 bedrooms, 1 bath, recreation room, and another bath; maid's room, architecture with the sparkle of modern interior decoration. Living room, den and library. 4 bedrooms, 2 baths, an estate of 25 acres, 12 in woodlands, fenced acre; American farmhouse and barn.

**THESE DESIRABLE HOMES**  
Bethesda Hospital. Nice 6-room bungalow on large corner lot; gas heat, \$16,850.

**Silver Spring area; nice location**  
bedrooms, all brick, 1 1/2 baths garage. \$17,500.

**Silver Spring; exclusive section**  
large corner lot; 5-room bungalow \$13,250.

**Hyattsville: 6-room Cape Cod**  
mastic heat. Price \$13,250.

**Silver Spring. Nice 6-room bungalow**  
\$12,950.

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Silver Spring area; 2 new homes.

**Rockville—\$7400.**  
which would make property sellable hot-water heat. On large lot 60x180; We have numerous other desirable properties and interested personnel. Please call our office daily from 9 to 5:30 p. m. **MODERN REALTY CO.** 9601 Georgia Ave. (side entrance) SH. 1141.

**COUNTRY ESTATE**  
20 minutes drive from Silver Spring. Custom-built California rambling brick bungalow with large living room and dining room, center hall, de luxe kitchen, first floor: 2 tiled.

**WEATHER REALTY OFFERS**  
Large asbestos shingle bungalow on lot 130x397; large living rm., fireplace, dining rm., kitchen, 2 bedrooms, tile bath; stairway to insulated, oak floored and winter hook-up, oil heat, summer bath, oil heat, full basement brick, tile place, larger 3-bedroom brick; \$13,375 with \$5000 cash. New 3-bedroom brick, fireplace, tile bath, oil heat, full basement brick; \$13,500. New, larger 3-bedroom brick; \$13,530, with \$6,000 cash. 5-room asbestos shingle bungalow, utility room. On large lot.

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# LOOKING FOR A HOME



## War interrupted the building of homes but not the need for them. Here are compass points to the housing future.

• The best quick view of housing is from the window of the back bedroom in your mother-in-law's house with the sound of your wife feeding the baby behind you.

Assume you have a discharge button and something less than \$50 a month you can afford for a house. Imagine you have just read the houses for sale and rent columns in the papers.

You should get the feeling that you have been tagged *it* permanently in a desperate game of puss in the corner.

Actually, during the year 1946 there will be 4,690,000 American families looking for corners, that is, for homes—married veterans and those about to be married; recently married nonveterans, and 1,200,000 American families doubled into someone else's home who want to undouble into homes of their own.

During 1946 about 1,425,000 lucky families will find homes. About 475,000 families will move into new houses.

Year end 1946 will still leave about 3,265,000 American families looking for homes that don't exist.

Housing doesn't stand still, you have to keep moving forward to stay in the same place. Houses burn down, are flooded out, wear out. People get married or move to town from the country.

Wilson W. Wyatt, the newly appointed National Housing Expediter and Administrator of the National Housing Agency, has proposed a bold attack on the housing problem and, with full backing from President Truman, has initiated the Veterans Emergency Housing Program, calling for the start of construction on 2,700,000 low- and medium-cost houses by the end of 1947.

Housing needs are so urgent that in counting what is available and what is needed no account is taken of substandard dwelling units now in use. Actually, more than one of three American homes either lack essential sanitary facilities or need major repairs to make them tolerable places to live in.

That's the city side of the house, the country side is no better. In 1940, for example, every third farmhouse needed

major repairs. Less than 1 in 5 farm homes had running water. Only 1 of every 3 farm homes had electricity. One out of every 10 farm homes lacked toilet facilities of any kind, and only 1 in 10 had a flush toilet.

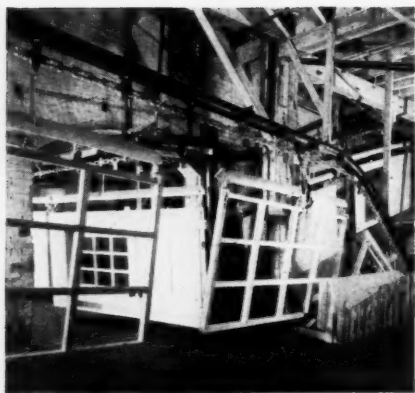
A telegraphic survey, conducted by the National Housing Agency, revealed that houses which sold for \$6,000 or less in 1940 had risen in price from 75 to 100 percent in 40 percent of the Nation's cities with a population of more than 100,000. In the other 60 percent of the cities of more than 100,000 population prices had risen slightly less. In cities under 100,000 in population prices rose from 25 to more than 100 percent, with most cities reporting a price increase of 50 to 75 percent.

Rising prices gave the real estate market a going to Jerusalem look with more than 1 million families dispossessed by eviction in 1945 and the best estimates indicating that 2 million more families would be evicted from their homes in 1946 and 1947.

Stack up against the rising prices the amount of money a veteran or a nonveteran can afford to spend on housing. War Department surveys of veterans, for example, show that only about 1 out of every 10 of the veterans who are being released

Budget distribution of Document, or by tag stamp  
ers' guide





A complete home comes off this conveyor belt every 25 minutes, with window screens, doors and windows already installed.



Quonset huts are emergency stopgaps. NHA will provide only 200,000 temporary shelters, 2,500,000 permanent homes.



Floors may some day be veneered with this Forest Products Laboratory innovation—wood compressed to half its thickness.



Forest Products Laboratory research in prefabricated houses ended in stressed skin construction which enables scientifically placed supports to take the place of heavy timber supports. Obsolete building codes, however, impede the use of many design improvements.

from the Army has felt he could afford to pay more than \$50 a month for housing. Slightly more than one-half said they could afford between \$30 and \$50 a month. More than a third claimed they could not afford over \$30 a month. For the country as a whole one-third of the nonfarm families can afford over \$50, slightly less than a third can afford between \$30 and \$50 a month, and slightly more than a third must find houses for less than \$30.

Turning rentals into housing costs, this means that two-thirds of all American nonfarm families and more than two-thirds of the veterans looking for homes cannot afford houses that cost over \$5,000.

To dam up this tidal wave of housing trouble the National Housing Agency proposes to get 2,700,000 dwelling units under construction by the end of 1947. All except 200,000 temporary units will be permanent standard homes.

Disarming the most obvious criticism of the program, the NHA admits that the number of houses to be built is less than the number needed.

To make sure that building materials and labor are used to build homes, the Civilian Production Administration has issued Veterans Emergency Housing Program Order No. 1, to control the use of building materials so that there will be enough available for the 2,700,000 starts in the veterans housing program.

The restrictions and priorities are designed to give heavy artillery support and clear tracks to homes for veterans which will sell for less than \$10,000 or rent for less than \$80 a month.

As for the rest, repairs and alterations to homes, factories, stores, churches, and

other institutions are authorized within limits. Farmers producing essential food may be authorized to build homes; living space for workers in essential industrial activities may be authorized.

Householders are also asked to remodel their homes to provide dwelling units for veterans. For this purpose Federal Housing Administration loans are available.

Lumber, plywood, brick, tile, building blocks, gypsum board and lath, roofing materials, pipe, cast iron radiation, heating units, bathtubs, and plumbing ware for each of these the total requirements for housing and other needs exceed both current and anticipated production.

To short cut the building material shortages, adaptations of old materials and totally new materials will be used. Sawdust bricks to fill out the shortages of clay bricks; building materials made from bark and scrap lumber to make up for shortages of lumber and plywood; cement-covered plywood to replace bricks and tile in walls and floors; plastic piping to stretch out scarce cast iron pipe. Plywood made from palmetto roots may make possible the profitable clearing of thousands of southern acres for farming at the same time the supply of plywood is extended. By adapting the familiar room heater to radiant heating principles it is hoped the heating unit bottleneck will be burst through. Tight supplies of hardwood for floors may be pieced out with methods developed at the Department of Agriculture's Forest Products Laboratory at Madison, Wis., by which softwoods may be impregnated with chemicals or compressed and made harder than the hardest known woods. Veneers of these

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materials may provide the walking surfaces in homes to be built.

The hurdle-clearing innovation, however, is the use of factory methods to mass-produce houses. Of the 2,700,000 houses to be started in the next 2 years, 850,000 are to be prefabricated. In most cases this will mean houses assembled on lots by skilled crews from factory-made panels and units. Most of these houses will look like the houses you have seen all your life. Also proposed are igloo-shaped all-metal living machines, houses poured from concrete by what is the equivalent of a portable factory; houses made from porcelain-enameled iron plates enclosing a core of concrete foam.

New materials and devices have made some conventional features of house design obsolete. For example, most houses require the help of a servant even though most American families cannot afford one. Sealed windows, used in conjunction with filtered ventilation systems, would simplify the daily sweeping and dusting and the annual clean-up and paint-up inside the house. Radiant panels over beds might change the looks of bedrooms, eliminating the need for the usual bed coverings and bed making. Walls between rooms might give way to ready-made shelf and closet units, or movable partitions.

There is a tilelike concrete floor material which is reputed to be as resilient and easy on the feet as a carpeted floor. Another floor material gives you elaborate rug designs and a floor that can be wiped clean with a damp cloth. And the long-projected rounded corner house eliminates corners and crevices that accumulate dust.

Drawer refrigerators, upstairs laundries, integrated kitchen units, re-examination of the work done in kitchens and basements could lead to the elimination of thousands of steps daily up and down stairs, of lifting and hopping about. Family life in many present day homes, technicians say, means drudgery for the mother, chores for the father, and an endless number of small jobs for the children. A drudgery-less, servant-less house is possible.

Just as many present-day houses are obsolete, so, the National Housing Agency points out, are the building ordinances and regulations under which they are built. To protect life, health, and property, most cities and some States have building codes. Their intentions were, when the codes were written, unimpeachable. They pre-



scribed walls of certain thicknesses to insure against fires and the collapse of houses, they required locally licensed plumbers to install plumbing equipment to eliminate health hazards, they required certain kinds of supports for floors, they prescribed the ceiling height for dwelling units. They meticulously enumerated what had to go into a house.

Unfortunately, technical developments have gone beyond these requirements. The stressed skin-plywood construction developed by the Forest Products Laboratory of the U. S. Department of Agriculture, for example, makes strategically placed supports just as efficient for holding up a floor or a building as the two by fours, two by sixes, and two by tens prescribed in building ordinances. New insulating materials, new wallboards make 2-inch walls as efficient as 12-inch walls in traditional homes. Factory assembled units for kitchens, bathrooms, and utility rooms may be as safe and sanitary as those assembled by the handwork of a locally licensed master plumber. Plywood walls are just as safe as plaster walls. Plastic pipes may soon be as sanitary and safe as cast iron pipes. Yet under many building ordinances none of these new developments may be used without an endless amount of red tape.

These regulations get in the way of the effort to house the homeless in modern dwellings. Some experts estimate that obsolete building codes add as much as 10 percent to the cost of building homes.

The answer to out-of-date building codes is new codes which approach housing construction and building materials the way architects and engineers approach their problems. For structural purposes, a designer does not care what a home is built of provided the walls will support a specified wind pressure or withstand a

certain amount of heat, will stand up under a specific period of weathering, and will support specified weights.

The National Bureau of Standards working with the American Standards Association is now preparing sets of standards which use engineering principles and which could form the basis of modern housing ordinances.

If you should be shopping around for a prefabricated house, incidentally, a good question to ask is, does the house meet the commercial standards for prefabricated homes which have been issued by the Department of Commerce? If it doesn't, find out why.

But a man murmurs, how about my personal, nonstatistical, housing dilemma, what shall I do?

If you're a veteran you should register with the Central Housing Bureau in your city. If you are a nonveteran and your housing situation is dire you may also find a priority at the Central Housing Bureau to help you.

For most people, however, veterans and nonveterans who want homes there is something that can be done now. It won't give you a house tomorrow, but when you do get your house it will give it to you without tears, at less cost, and more nearly in the shape that you want and can afford than otherwise.

In New York, in North Carolina, in Oregon and Montana, in Arkansas and Arizona, in every State, farm husbands and wives are attending meetings or seminars or conferences or camps or demonstrations on housing with the men and women who work in the Extension Service. They are learning about living arrangements, building materials, designs, and finances and when houses are available again they will be able to get the house they want without fumbles or regrets.

In your State, incidentally, you can get information about this program, study materials, even house designs, if you write to the State Extension Service at your State university.

You need to ask yourself lots of questions, how you will finance your home, whether to buy it built or ready-made, the number of rooms (which will depend not on the size of your family today but 5 or 10 years from now), arrangement of rooms, the materials and facilities you want. The list is a long one. If you want a housing checklist you may get one by writing to the Consumers' Guide.

# canning crusade



**Home canning is a life-saving job now, because every jar of home-canned food adds to the world's short food supplies by saving plentiful perishables from going to waste. Scientific directions and good equipment help to do the job successfully.**

● Every extra jar of food you can in 1946 will be precious beyond price. Home canning has always spelled thrift and better eating to American families. But in this year of global food shortages, food saved means lives saved. The times call for a canning crusade to replenish as far as possible the world's bare pantry.

In ordinary times, some waste of perishable crops when they are in temporary surplus is normal. But today when more people face starvation than ever before in the history of mankind, extraordinary effort must be made to prevent any avoidable waste.

Many localities are without processing facilities to take care of temporary surpluses not absorbed by the fresh market—so unless home canners come to the rescue, there may be waste.

Also the outlook is for a tight supply of tin cans. So, while a priority is being given to tin cans for processing perishable foods, it behooves homemakers to do all they can to supplement commercial stocks. Home canning will help assure us of continued abundance here in America, besides adding to world food stocks.

How crucial the contribution of home canners may be is revealed by the past record. Nearly half the canned vegetables and almost two-thirds of the canned fruit consumed by civilians during 1944 were processed by home canners. About

25 million homemakers did this job, which increased our national food supplies by about  $3\frac{1}{2}$  billion quarts! In 1945 about the same quantity was canned by home canners as in 1944.

## Be Prepared

When canning time comes—and that may be a hundred different times for as many crops and localities—there's no time to spare.

The first commandment of canning is to preserve the food while it's fresh and in prime condition. The foresighted homemaker will be prepared then, for her food-saving, life-saving job, by having her canning equipment ready and in good condition. Ripe tomatoes, unfortunately, won't postpone their graduation into the overripe class while the unready canner goes shopping for jars and rubber rings. Nor will beans bother to stay tender while the tardy housewife scouts about for somebody qualified to test the gage on her pressure canner.

If you haven't any special canning equipment and your budget doesn't allow for much spending, you still don't need to stop your canning before you start. Fruits, tomatoes, and pickled vegetables can be safely processed by the water-bath method. And all you need to improvise a water-bath canner is a big, clean vessel that's deep enough to let the water boil

well over the tops of the jars. The vessel must have a good lid, and a rack to keep the jars from touching the bottom of the vessel.

Tomatoes, incidentally, are most frequently grown and canned by American families. Their popularity is deserved, too, as they provide a good cheap source of vitamin C.

Home-canned fruits are other family favorites. But that brings up the little item of sugar which is still tight; although available supplies are expected to be better distributed than last year, when some canners had trouble in cashing their stamps. OPA has already validated one coupon for 5 pounds of canning sugar and another canning coupon is coming up. As total canning sugar is not to exceed 10 pounds, the wartime canning practice of holding the sugar down to 1 pound (2 cups) for 4 quarts of finished fruit is still advised.

## Pressure Canners

More heat than boiling provides—240° F. or higher—is required to process corn, peas, beans, and other common vegetables, but not tomatoes. As these are hearty foods which contribute important elements to the diet and will enable us to release more short cereals and fats needed for overseas famine relief, you'll want to put up a supply of them, if you



have any surplus from your victory garden or can buy them cheap and fresh during peak marketing periods. But you'll need a pressure canner for them.

As already noted, the dial gage of a pressure canner should be tested well in advance of the canning season to assure that it is in good working order. If it is found that the gage measures the pressure light or heavy, this can be allowed for, provided the gage isn't more than 4 pounds off. In many communities, the home demonstration agent, the utility company, or dealer who sells pressure canners, has the facilities for testing the gages.

While pressure canners are no longer rationed, demand is expected to be high and housewives in some localities may encounter difficulty in buying them. Wherever that condition prevails or where the cost of a pressure canner is a barrier to saving food, the housewife who shares her canner is doing a neighborly turn and more. She is transforming a single pressure canner into a multiple weapon against famine. In many communities food preservation centers have grown up around such pooling of equipment. In this way the community and world are made richer by thousands of pounds of food that would otherwise be wasted.

Full use of community food preservation centers to conserve food was urged at the National Garden Conference called recently to consider the famine emergency. Communities were asked to mobilize



**Play safe. Follow scientific canning rules.**

volunteers to donate time and materials for canning food for school lunch and for



UNRRA relief shipments wherever facilities are available for canning in tin and adequate supervision is assured. To communities that want to start or enlarge food preservation centers, technical aid in planning is available from the U. S. Department of Agriculture.

#### Alerted for Action

Because of the high value that the harsh necessity of world hunger has placed on every bit of food, ordinarily conscientious and sympathetic citizens will want to make the largest contribution possible to world food stores.

Following are some tips which will help you to be alert and ready for action when the time comes.

Keep an eagle eye on your garden to be ready to move in on the surpluses. If you won't be able to can or store all your garden produce, give your neighbors a share in the bounty of your harvest. You might be able to make a deal with a neighbor to help with your canning in exchange for a share in your garden produce.

Families who haven't a garden but can can to advantage should watch the markets. By buying and canning when fruits and vegetables are seasonally abundant, shoppers not only get advantage in prices and quality but they also help save food from wasting.

Don't get more food on your hands than you can handle. This may be avoided by canning a few jars at a time as the crop matures in your garden. Or if you're buying, you might buy in partnership with a neighbor so as to reap the cash saving in quantity buying and at the same time avoid the overwork of too big a canning project.

Where a bumper crop or market glut calls for a super canning effort to avoid waste, community action can sometimes make short work of a big job. In one Midwest town, for instance, where the tomato crop got ahead of the manpower

in a local cannery, the townspeople volunteered to pick and peel with the result that much good food was saved. And in hundreds of communities throughout the country, parents, school officials, or civic groups sponsoring school lunch programs take advantage of perishable foods when they are in temporary surplus to can or freeze a supply of fruits and vegetables for use in seasons when they are scarce and expensive.

Although the tin-can supply will probably be tight, priorities will be given for home, community, and commercial canners processing perishable foods. Supplies of new glass jars, tops, and rubber rings



**Good rule—2 hours from garden to can.**

are expected to be adequate to meet demand. If you have a supply of jars on hand, inspect to see that they are in perfect condition. Chipped, cracked, or warped jars are a menace, so discard them. Dented or bent lids won't do either, nor will old rubber rings. Quality of rubber rings on the market should be better than that of the last few years because somewhat more natural rubber is being used.

Jars, lids, and canner should be washed thoroughly in hot soapy water and rinsed. Exceptions: Don't put the lid of your pressure cooker in water. Metal jar lids with sealing compound should be wiped with a damp cloth instead of washing.

Every trace of dirt should be washed from fruits or vegetables. If necessary use several waters but don't soak the food, as you lose food value if you do.



Home-canned goods are ammunition against famine. Save abundant perishable foods. Can your surplus garden truck. You can be a modern Molly Pitcher, and a thrifty housewife, too!

Discard any fruits or vegetables that have decayed spots. They're not safe for canning—because even if you try to cut away the spoiled spots enough bacteria may remain to spoil a whole batch of canned goods.

Remember, you've been working quickly all the while. An ideal rule for canning is "Two hours from garden to can." While this objective can't always be realized, it remains true that if the food is canned fresh its chances of keeping are better. For this reason, canners are advised to use locally grown produce where possible.

### Processing Steps

When it comes to the actual processing, the important canning commandment is: *Heat food hot enough and long enough to make bacteria and other organisms harmless, so they won't "work" in the food and make it spoil.*

In order to shrink the food for packing and to shorten the processing time, it is good practice to precook the food for a short time before packing it into the jars. Don't forget to leave enough space at the top of the jars to allow for steam.

The amount of heat and time required for safe processing varies with the different types of food. Improper canning causes waste and is dangerous, as poorly canned food may harbor germs which cause food poisoning. To be on the safe side, the canner should follow up-to-date directions and timetables. Don't guess or experiment.

For instructions, consult some local authority such as the home demonstra-

tion agent, the vocational home economics instructor, or the supervisor of the community food preservation center in your locality or get the information from an authoritative publication.

Helpful canning publications which have been issued by the Bureau of Human Nutrition and Home Economics, on the basis of their scientific researches into food preservation, include: *Home Canning of Fruits and Vegetables*, AWI-93; *Home Canning of Meat*, AWI-110; and *Take Care of Pressure Canners*, AWI-65. These are obtainable free from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

If you live at an altitude of 1,000 feet or more and use a water-bath canner, you'll have to process from 1 to 2 minutes longer for every thousand feet altitude, depending on the food being processed. With a pressure canner, the pressure at sea level to 2,000 feet should be 10 pounds; increase 1 pound for every 2,000 feet above sea level.

Because mixed vegetables require special directions for each combination of food, home canners are advised against trying them. Baked beans, stews, and similar foods are extremely difficult to process at home, so the housewife should strike these from her list, too. Better not try canning cabbage (except as sauerkraut), cauliflower, celery, cucumbers, eggplant, lettuce, onions, parsnips, or turnips. Their flavor and texture are very likely to be poor.

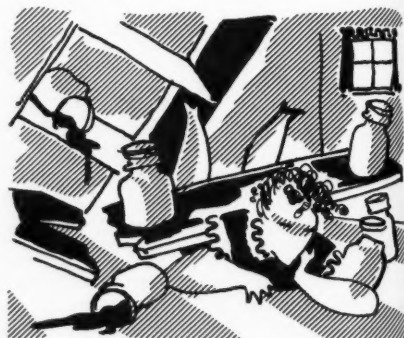
Some of these are better stored without processing, anyway. Proper storing, in-

cidentally, is an effective, easy, and cheap way of preserving many important foods that many families could profitably learn more about. But of that, more will be said in another section.

Remove jars from the canner by the glass shoulder, not by the metal cap. Be sure the jars are tightly sealed. Let them cool slowly on a rack or folded cloth. Drafts or sudden temperature changes may cause the glass to break. Next day the jars are ready for labeling and storing.

There are more tricks to storing than just stacking your jars some place on a shelf. To begin with, you'd better be certain the shelf isn't weak or tipsy. Bang, crash, your total supply of canned goods could be lost in an instant, all for want of a few strengthening nails or braces. Additional rules for storing canned goods include: Keep the jars in a cool, dark, dry spot.

With a larder well-stocked with home canned fruits and vegetables, American families can look forward to meals enriched by the protective foods so important to health. Many, many Americans have been eating too few vegetables. In fact, one eminent food authority recently said that victory gardens would do more to improve the looks of American women and maintain their youth than all the beauty parlors put together—this, because the vitamins and minerals contained in vegetables and other protective foods keep people young longer and help them to retain the clear eyes and clear skin of



Be canny. Store canned goods properly.

youth. Not only that but millions of ordinary citizens in their own kitchens and gardens will have an opportunity to do a real life-saving job that will reach around the world.



# Boxcars take wings



**Only 12 hours separating the harvesting of fruits and vegetables at the height of the ripeness in Southern fields and their appearance on the winter markets of Northern cities. That's in the offing with the new airborne freight cars.**

• Across the tops of rugged Asiatic mountains and through stark passes, guns and food, jeeps, ammunition, tanks were flown over "the hump" from the ports of India to the isolated interior of China to help blast the Japs from their stronghold there. And across the Pacific from our West coast to pin point islands and to Australia, planes flew replacement parts for machinery and precious perishable drugs. The Atlantic, too, was bridged with planes bound for war and carrying cargoes of needed material.

Now the planes and their pilots and their crews are home again. The men, with a knowledge learned through training and experience, are back home where the great plants that manufactured the giant ships of war stand ready to turn their vast productive facilities to peacetime uses.

What was learned during the war about the manufacture of planes, the methods of shipment, and the operation of the ships has contributed mightily to the development of a new phase of aviation. One that already affects the farmer and a few

consumers and promises to mean, as the months go by, a great deal more to every shopper who goes to market for food.

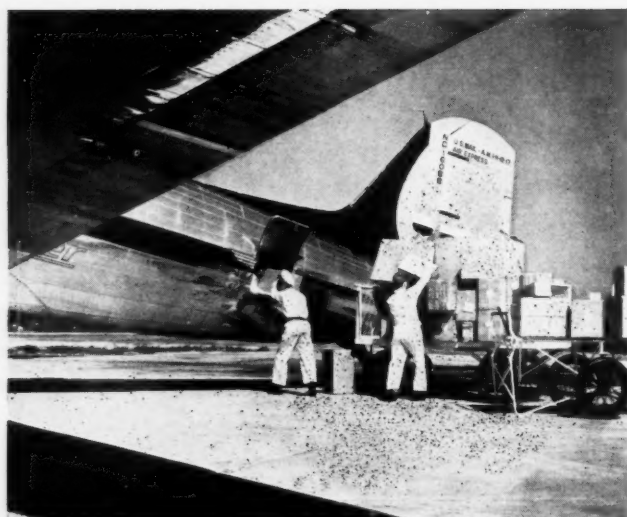
For boxcars have taken wings. The exclusive cargo plane is already on its way to compete with the rail, motor, and water transportation of foodstuffs. The past 2 years has seen a 600-percent increase in the tonnage cargo flown by plane. Plans are to increase this manyfold. Chief among the products that will find their place in cargo ships are the perishable food products of the soil, fruits, vegetables, and meats.

The speed with which the full development of the shipment of perishables reaches the consumers depends upon these factors: Absolute costs of air transportation compared to the cost of rail, truck, and other means of delivering goods. The extent to which reductions can be made in other marketing costs of products shipped by air, and the extent to which transportation by air will increase the demand for the products. The extent to which industry can supply cargoes for return loads. And

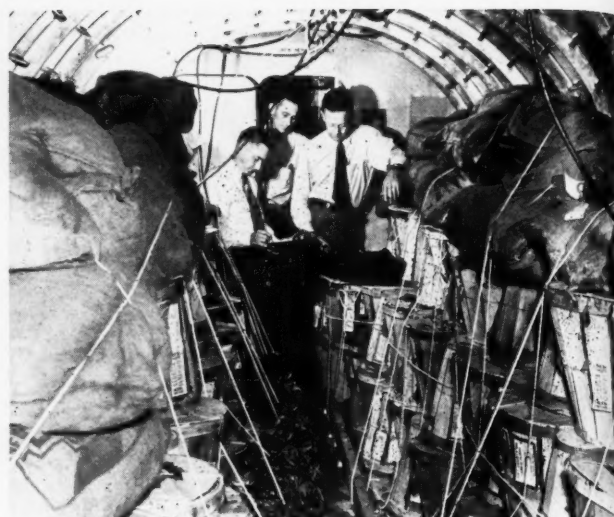
then, ground facilities and handling planes and their cargoes must also be taken into consideration in the development of new transportation service.

The science of packaging, refrigerating, and of economics are hard at work ironing out difficulties. So, too, are our aviation engineers, law makers, and farmer shippers.

Already planes have proved their service to both shipper and consignee in flying cargoes where time is of the essence in delivery. The manifests of airways serving South America show up some odd cargoes: A half million fertilized fish eggs from the Great Lakes were shipped to be hatched in a lake high in the Andes Mountains. A cargo of toads made the jump of 43 hundred miles from Argentina to Florida where they hopped on to the job of eating up parasites which threatened to destroy the sugar crop in that region. Insect eggs, serums, vaccines for emergency use have been flown. Forty thousand pounds of biologicals and drugs were shipped to a cattle-producing area of South America as veterinary vaccines. Drugs and biologicals, including penicillin, are carried internationally at the rate of 3 to 4 tons weekly. The increasingly heavy cargoes on the South American runs are day-old chicks.



Air mail and express planes, the forerunners of airborne freight.



Tomato plants uprooted replanted 700 miles away same day.

During the war, planes moved 18,624,596 pounds of medical supplies and surgical equipment alone. In addition, thousands of pints of whole blood were flown from donor stations in this country to European and Asiatic fronts and to nearby hospitals.

But these, important as they are, are only speciality shipments. Novelty cargoes can't bring the benefits of plane freight to the buying public. The greatest use of cargo planes will involve the movement of perishable fruits and vegetables from subtropical climates of our country to northern cities. Such a service can mean much to both farmers and consumers.

Fruits and vegetables picked in California must now make the long trek by rail to the cities of the East. It is a run of from 4 to 10 days, at the minimum. Many commodities must be picked green and allowed to ripen on the way, or, if not picked green, at least before they have reached their top of taste and nutritive value. By cargo plane, fruit may be picked and packed 1 day at the very peak of their sun-drenched maturity and 12 hours later be on any market in the United States.

But, of course, even though the running time is short many perishables must be refrigerated to maintain their highest quality. Already refrigeration engineers have started their job. When perishables were shipped as part of an express or passenger load, special compartments were provided for them, but the advent of the cargo plane calls for new refrigeration devices.

One of the cargo craft now being used

is a DC-3 passenger air liner with a cargo space of 7,000 pounds. It has one of the largest interior floor areas of any of the cargo planes now in use.

The seats, windows, insulation, and other appendages are ripped out. In their place are 750-pound bins with removable web gates. In addition, there are 4 other compartments which are collapsible in order to make added room in moving the cargo in and out.

And it's all refrigerated. Operated by a thermostat. The dial is set for the temperature needed before the plane takes off. If it goes above or below the required temperature a light flashes and the pilot makes an adjustment to keep it at just the right degree. There are other cargo planes of the reconverted type that have shown their capacity for this new branch of business.

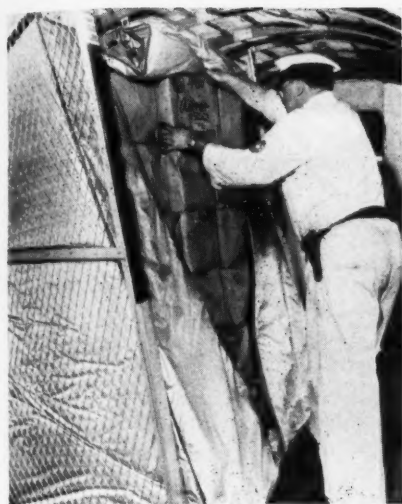
The Consolidated Model 39, a modification of the B-24 Liberator has a capacity of 18,500 pounds pay load. Its fuselage is only 15 inches from the ground so it can be loaded from trucks. And then there is the military Boeing C-97. This is a counterpart of the B-29 superfortress and can carry a load of 120,000 pounds. That's equal to two average railway freight cars. Its speed is 300 miles per hour.

One of these DC-3's recently flew a capacity load of 8,000 pounds of flowers, fruit and vegetables, and emergency serum from San Francisco to New York. From New York it went to Boston where it took on more than 5,000 pounds of fillet of haddock consigned to Chicago and San Diego. It dropped some of its cargo

at Chicago in less than 12 hours after the fishing boats had docked at Boston harbor. It loaded 2 tons of Great Lakes fish and flew off for Los Angeles and San Diego, giving the craft 17,000 pounds of goods on the transcontinental round trip.

With the cargo plane still in its infancy, it moved last year, from March 1 to October 1, a total of approximately 183 tons of fresh fruits and vegetables for a single producer company in Salinas, Calif., to New York, Cleveland, Detroit, Philadelphia, Chicago, Atlanta, Milwaukee, Kansas City, and Denver.

However, the general consumer use of airborne perishable farm products boils down to a question of rates—cost of transportation. The differential between air transportation costs and rail and truck rates must be narrowed. A study made last year analyzing the cost of transportation and consumer reaction of two commodities indicates the consumer demand under the rate structure in existence at the time. A study was made of tomatoes and strawberries transported from Florida to Detroit and of lettuce flown from California to Detroit. It was estimated the difference in transportation costs of airborne strawberries and surface hauled strawberries from Florida to Detroit was 6½ cents. There was also a difference of 6 cents a pound between vine-ripened tomatoes flown from Florida and those picked green and transported by rail. On lettuce the difference was 6 cents a pound. That means the premium price on the market. The analysis revealed that air transportation costs will for some time be



A fragrant cargo in a flying floral ice box.



Cargo liners carry fresh fruits, vegetables.



Air freight will cross country in 9 hours.

higher than surface transportation costs. Often the cost is offset by economies in shipping produce by air and in the superior quality of the produce that makes it attractive to consumers at a higher price.

Rates can, in effect, be pushed down by improvements which are constantly being made in methods of shipment, and in containers, and routes of flight.

For example, the differential in strawberries from Florida to Detroit could be reduced by a cent per quart by discarding the present wooden crates now in use for lighter and equally durable containers. Three and three-fourths cents per pound could be chopped off lettuce from California to Detroit by using lighter packages. Other savings could be made by packing in the fields instead of sheds. Distance and time in the air can also be cut by going as the crow flies instead of following the routes of air express and passenger planes. Modification of regulations prevailing for passenger planes and the institution of the establishment of codes for the safety of cargo planes would further reduce costs.

New improvements in planes on the mechanical side would cut down the costs of operation and also tend to reduce rates.

Specially designed freight hauling ships are in the offing. Most of the plane manufacturers have their engineering staffs now at work on special cargo jobs. Military transport planes are being redesigned and others will be built from the "drawing board up." Improvements, such as reducing the drag and better lift devices for heavy loads, the cutting down of

equipment and other rate-reducing helps, will lower the fuel consumption and make transportation less costly.

Another means of lowering tariff rates once the flying boxcars get on regular freight schedules will be back-hauls for the planes. For example, planes moving fruits and vegetables from the Pacific Coast, to lower the rates, must naturally have some insurance of a return load. The ideal set up would be having the plane that hauls the produce to the big cities return with a full load of manufactured goods from the industrial center to which it had brought food. For example, a plane carrying tomatoes from California to Detroit could return manufactured articles from Detroit to ports of the West Coast for export to Asia.

But cost of air freight is definitely going down. It has been for the last 20 years. Aviation authorities have predicted airport to airport cargo costs ultimately as low as 5 cents per ton-mile.

Consumers can look ahead several years to real bargains in the freshest of farm products. And gliders may be the answer to real low rates. An airplane is like a horse. You can heap only so much on the horse's back without it folding. But a load many times what the horse can carry on top of it can be pulled easily.

Gliders can be made that would have about the same capacity as power-driven planes. They are less expensive to construct because they are minus engines, propellers, fuel, and fuel tanks. Air authorities say the day will come in the not too

distant future when specially constructed tow planes will pull a train of gliders operated by automatic pilot devices behind them—a heavenly freight train.

The benefits to the consumers and farmers in the development of the postwar industry is measured in terms of wider markets for the farmer and more nutritive and tasty food for consumers.

One type of flight that benefits both producer and consumer has been demonstrated as highly practical, that is, the shipment of plants raised in the early growing seasons of the Southland and rushed to Northern areas for transplanting. Tomato plants are an important item of this kind. Normally, the delicate cargoes are rushed by express train on the fastest schedules to lessen the time between the uprooting and replanting. Here time and temperature are essential. Hours en route make a difference in the vitality of the plants on arrival at destination.

Recently tomato plants pulled after sunrise in south Georgia were transplanted in northern Ohio before sunset on the same day, when the first air transportation was used on a large scale for the shipment of living plants. The plants made the 700 miles in 4 hours in a 21-passenger airliner stripped of its seats as an emergency experiment when unfavorable weather conditions threatened the crop. A temperature of 50° to 60° F. is best for these fragile plants. This was maintained by taking the plants into the air and flying at altitudes where the desired temperature was naturally available.



# Demonstrating the future . . .

**Home demonstration programs help farm families focus on the future.**

● Ironing boards 20 inches wide and 40 inches long, they discovered at Cornell University, give longer life to housewife's nerves when she has shirts and dresses to iron. Necessary turning, twisting, and neck bending are all reduced, and while ironing, even with the 20-inch board, is still a chore, it is a lot simpler.

O. K., they work something out like that in the Home Economics Department of Cornell University, and it is very interesting, but it isn't going to do any housewife any good unless, first, the housewife finds out about it, and, second, she applies the useful bit of information to her own life.

For some 3 million farm families, in about two-thirds of the 3,000 counties in the country, the problem of finding out what's the latest news on the good life is simplified because there is a home demonstration program at work. This program brings the latest information from the frontiers of knowledge into the hinterlands where all of us live. But it is not just an information program. The people who are reluctant to try new devices or tricks are persuaded by discussions with their neighbors, by projects, by clinics, by articles in their local papers. Within a year, for example, after the 20-inch ironing board was discovered thousands of the boards were in use in New York farm homes because the home demonstration program in the New York Extension Service had made the boards available and demonstrated them to the farm wives.

May 5 to May 12 this year was National Home Demonstration Week and during those 7 days 3 million women in farm families in the United States, Hawaii, Alaska, and Puerto Rico held an immense open house. With the theme, "Today's Home Builds Tomorrow's World," they put on exhibits of the accomplishments of 30 years of home demonstration work.

Home demonstration history began in the United States with a rural school teacher in Aiken County, South Carolina. While mulling over the problem of how to make classroom lessons relevant to the way



people were actually living in her county, she happened to hear a U. S. Department of Agriculture speaker describe the boys' corn clubs which were being used to teach the next generation of farmers to grow corn where it had never been grown before. It occurred to her that the same kind of clubs would teach something to girls. Somewhat evangelically she persuaded 27 girls to promise to plant a tenth of an acre of tomatoes each and to can them for use during the winter. She taught the girls how to plant and cultivate the tomatoes, and then when the tomatoes were harvested she showed them how to can them.

The idea caught on, canning clubs spread to other parts of the country and then the activity became official with the appointment of so-called canning club agents, paid by the States, but also paid a dollar a year by the Federal Government so that they could use the Federal free mailing privilege in their official work.

Originally, the canning clubs were directed at girls in farm homes, but the mothers took notice and soon they were writing to magazines and newspapers to request a program that would include them, too.

Congress watched the work and read the letters and in 1914 the Smith-Lever Act was passed which laid the foundation for the present home demonstration program. Under this law the Federal Government in cooperation with State and county governments maintains the Ex-

tension Service in which home demonstration agents work.

The original director of Extension work in the Department of Agriculture described the method which underlies the home demonstration program: Keep things simple. Do not go before the people with an elaborate program. Do not confuse people. Your value lies not in what you can do, but in what you can get others to do.

Keeping things simple and avoiding confusion, 3,000 home demonstration agents, most of them with training and experience in home economics and teaching, are



Wide ironing boards simplify ironing and help to make laundry-day problems easier.

working today with the wives and children in some 3 million farm families.

During 1943 the U. S. Department of Agriculture estimated that 3,647,900 American farm families were enabled to live better because of the home demonstration program. While the home demonstration program does help farm families to earn more money, the emphasis is on learning how to live better with what you have: Eating better through kitchen, garden, and canning; having healthier children with the help of school lunches; dressing better by learning to sew; living more brightly by planting flowers and making the home attractive; living more happily by learning how to make family life a fulfillment for growing children and working husbands instead of a source of frustration . . .

In Virginia during May of 1945 home demonstration club members sponsored more than 1,000 meetings on health that led to the formation of hospital insurance groups in 7 counties. Tuberculosis, typhoid, preschool dental and eye clinics were held in 8 counties as the result of these meetings. Ten counties took the cue and formed home nursing classes.

Emergency chests containing all the supplies a family with a sick patient needs are put up by home demonstration clubs in Arkansas and lent out to families as needed. The chests contain, among other things, a hot water bottle, ice cap, thermometer, bedpan, rubber sheet, sheets, and pillowcases.

To reduce the number of home accidents, Illinois home demonstration clubs give

awards each year to families that go through the year without a home accident.

New York State home demonstration clubs sponsored an institute in home planning where farm families learned what they wanted to know about home sites, home financing, materials, lighting, room planning, plumbing, heating, landscaping, and all the other details of home building.

Housing workshops in Arkansas tackle the housing problem from another angle. In each county, homes are built which have been designed in the county to meet the needs of the people there and to utilize local resources. Here farmers and their wives learned how to use local stone and lumber to build or rebuild homes. Any farm family with a building problem can take it to the project and get expert advice on it.

Parallel with the re-examination of the house shell in which they live, the home demonstration club members are looking critically at the work they do in the house. Using the same principles industry uses in its time and motion studies, home demonstration club members are trying to simplify and make easier the drudgery of housework. Household jobs are being examined through six lenses: Can any part of the job be left out? Is there a better tool to do the job? Can you sit down to do a job you are standing up to do? Can you make one task out of two? Can things be put within a handier and easier reach? Can one-handed jobs be made easier with two hands? Out of this kind of analysis came the 20-inch ironing board; cleaning carts, which

carry everything you need for cleaning, that are rolled around the house; lapboards to make sit-down work easier; laundry carts which eliminate bending and carrying when you wash clothes.

Out in South Dakota a woman reduced coffee making from 39 operations to 16 and saved 15 feet of walking in the process. One woman commented, "Just think of the load that you get off of American women's feet just by getting them to sit down when they iron."

Four States organized a labor-saving caravan which toured the States demonstrating the techniques that had been worked out to lighten housekeeping.

Nutrition work of the home demonstration program has gone beyond gardens and canning, it embraces the school lunch program and nutrition clinics where school children are examined by physicians. Diet-based defects are followed up with home visits designed to balance the family diet. New foods have been introduced to farm families through the home demonstration program, grapefruit where farm families had never seen them, soybeans . . . During the drought a group of Arkansas children in one county got through one lean winter by drinking soybean milk that the home demonstration agent introduced to the families. Home demonstrations in farm counties beat the drums for pressure cookers until they are as indispensable to the farm kitchen today as the plough is to the farm. To make American diets more attractive home demonstration clubs have drawn on the national cooking habits of Germans,



Extension Service classes for farm women teach them what to do when the iron cord breaks or when the toaster stops toasting.



Sewing machines last longer when you know how to oil and repair them. And sewing is easier when neighbors pool their know-how.



The home demonstration worker . . . spreads the news about sewing kits . . . as well as how to hand-hook a rug . . .

Armenians, Italians, Greeks, Portuguese, Russians, Finns, and what have you, for recipes. In Rhode Island, for example, at an International Cooking Institute, Portuguese, Italian, and Greek women showed farm wives how they make their favorite dishes.

Farm families have learned that many of their problems and projects can be worked out only through community action, and community action takes leadership. In most counties the home demonstration program includes leadership training courses for the 15-, 16-, and 17-year-old boys and girls who are on the threshold of citizenship.

Strains put on families by the war set farm men, women, and children looking for advice on personal problems. In response to an obvious need, family relationship conferences were held and out of them came nurseries for preschool children, libraries, workshops where toys were made, special panels for discussing courtship and marriage and teen-age problems, and an entire new emphasis on recreation programs.

Game libraries are an innovation in many counties, dramatic groups and music appreciation clubs are becoming as firmly rooted in the rural counties as they are in urban areas. Tennis courts have been built, parks and picnic areas were reconditioned, and plans are being made now to deal with rural recreation by whole communities, using the schools, the churches, and parks and, most important of all, the people in the community.

Families are encouraged to preserve and cultivate traditional arts and crafts. In Georgia girls have made hats, sandals, and mats from corn shucks, and brooches

from pine needles. Wheat straw in Kansas is woven into mats, reeds in Louisiana are made into trays, cattails in Michigan are made into chair backs, cowhide in Texas is made into upholstery materials . . .

But people can't meet during the disorganization of war and the anxieties of a troubled peace without thinking about the world outside their rural community.

In Kansas a fund was raised to sponsor home demonstration work in Norway. In rural New York a discussion of child problems in Europe led to the dispatch of shipments of food and clothing to Holland, Finland, Belgium, and England. In Kansas more than 3,000 women participated in a series of discussions on Inter-American affairs. In Colorado farm wives discuss Russian-American relations, Great Britain and India. In Vermont 3,000 club meetings discussed the United Nations just prior to the San Francisco conference so the club members could understand what was happening at the formal birth of U.N.

Home demonstration work is a judicious combination of group and individual work, of campaigns and home visits, of formal meetings and store front conversations, of direct teaching and missionary work, by which the ball is passed to community leaders who pass along what they learn in ever-widening circles.

Information goes out over the radio and through newspaper articles. Speakers at the home demonstration clubs report what is in bulletins of the U. S. Department of Agriculture, in the professional magazines, and in the bulletins and reports of the State extension services. When a new method comes down, demonstrations take place before audiences of club members:

In every community some women adopt new ideas more quickly than others. The homes, or gardens, or furniture, or clothes of these women then become demonstrations of the new methods. Women visit back and forth through the county to see what can be accomplished by way of remaking furniture, or renovating clothes, or fixing up the house. Workshops are organized in schools and churches where women can bring their own hundred and one household problems so they can work them out with each other and with experts. Exhibits are used, they are put up in the school or church, they are featured in a window of the main store in town, motion pictures and slide films illustrate how something should be done.

In result and method demonstrations, the home demonstration agent plants a garden herself, or supervises its planting, or undertakes a home renovation, or has a collection of clothes made and holds a fashion show. All this is designed to show not only how to do something but what can be accomplished by doing it.

Family visits, office calls, telephone conversations, casual meetings on the street, in church, or at the movies, the program is grown into the tissue of farm life and no one can say where conscious learning ends and social life begins.

The way farm people live improves imperceptibly from day to day, enormously over 10- and 20-year periods. It is the community moving forward, but for the last 30 years when the changes took place the home demonstration agent has been in the background, or on the sidelines, or one of the committee, somewhere in the vicinity.

C

In the market big part of meat FBI, will slaughter the newpliance up to the important aware and grad There should What is What is Lower grades, price for eliminat grade A The r have in is the m posted The list reading and grad Here makers vent ille (1) L you buy ask you where th (2) Cl and grad price list (3) In from loc find it h you go Alert prices c behavin helping market Exper under w and uni fornia i juices, t ing egg Texas A pletely and Lo



# CG news letter

last minute reports

from U. S. Government Agencies

In the current drive against the black market in meat, homemakers can play a big part, says OPA. A reinforced staff of meat investigators, together with the FBI, will investigate activities of livestock slaughterers to enforce compliance with the new slaughter-control order. But compliance at the retail level will be largely up to the consumer. That's why it is so important for shoppers to be thoroughly aware of the legal prices of various cuts and grades of meat.

There are four questions housewives should always ask when buying meat: What is the grade? What is the cut? What is the price? What is the weight? Lower grades of meat cost less than better grades, of course, so knowing the correct price for specific cuts and grades will eliminate any chance of being charged grade AA prices for grade B meats.

The most effective weapon housewives have in their fight against the black market is the meat price list. New price lists were posted in all butcher shops on May 1. The lists, printed in green ink for easy reading, show retail prices for every cut and grade of meat.

Here are some ways in which homemakers can use the meat price list to prevent illegal practices at the meat counters:

(1) Look for the meat price lists when you buy meat. If they are not in sight, ask your meat dealer to display the lists where they can be easily read.

(2) Check the prices you pay for each cut and grade of meat with those shown on the price list.

(3) Individual price lists may be obtained from local Price Control Boards. You will find it helpful to keep a list handy when you go shopping.

Alert housewives who watch their meat prices closely will find their food budgets behaving much better and will also lend a helping hand in the fight against the black market in meat.

Experiments on frozen foods are reported under way in a number of State colleges and universities. The University of California is working on the freezing of fruit juices, the University of Wyoming on freezing eggs to preserve the fresh-egg value, Texas A. and M. on the freezing of completely balanced meals in package form, and Louisiana State on processes to im-

prove the flavor of frozen shrimp and other sea foods.

Increased interest in frozen foods is interpreted to be part of the rapidly developing science of nutrition in which the Department of Agriculture had a large part.

Garden freshness can be brought to your family table all year long, if you have a home freezer or if there is a locker plant in your neighborhood. Freezing gives you bright color, fresh flavor, and most of the vitamin values of fresh fruits and vegetables. Modern methods for preparing and packaging food for freezing are discussed in two publications recently issued by the Department of Agriculture. One is called Home Freezing of Fruits and Vegetables (AIS-48); the other, Instructions on Processing for Community Frozen-Food Locker Plants (Miscellaneous Publication No. 588). Copies of both may be had from the Office of Information, USDA, Washington 25, D. C.

National health legislation has the full support of the Department of Agriculture, according to Assistant Secretary of Agriculture Charles F. Brannan. Testifying on the National Health Bill before the Senate Committee on Education and Labor, Mr. Brannan stressed the fact that rural areas have lagged behind the cities in health and medical care progress and that the natural advantages of country life therefore have been outweighed. He declared that the most crying need in rural America is for doctors, dentists, and other health personnel. He analyzed the serious maldistribution of physicians in the country, showed how the war had aggravated this situation, and indicated that specialists and consultants were practically unknown in many rural communities.

Many kinds of fish are in good supply. This excellent high-protein food can be used to fill in the gaps in the American diet left by the shipment of other products abroad for famine relief.

Fishing prospects for 1946 are very bright. Many men are entering the fishing industry. More and better boats are available today than before the war. And, in some areas, surplus equipment from the armed forces is available.

A Victory Garden Train started from Chicago on April 28 for a tour of six

Midwest States. The Secretary of Agriculture congratulated the sponsors—the National Garden Institute and the Chicago and Northwestern Railroad—for their splendid vision and originality in arranging the tour. He pointed out that increased garden production and home preservation will help release more wheat and other foods so desperately needed for shipment to starving people abroad. "I am sure," the Secretary said, "this Victory Garden Train will also serve as an excellent example and an encouragement for other organizations and groups to use their facilities to the utmost in helping to relieve starvation conditions abroad."

Overweight people in this country will never find a more satisfying or easier time to reduce than now. The wheat and fats which they can easily spare are lifesavers for the millions of hungry people abroad. For the man or woman who wants to cast off excess pounds and help the starving, the Bureau of Human Nutrition and Home Economics offers the following specific recommendations and some pointers which fit in with the Famine Emergency program and the need to export supplies:

"Do not attempt to reduce except under a physician's guidance, if you are under 20 years of age, or if you are a young mother, or have organic complications, such as heart disease. And do not think of reducing if you are not above average weight—say, at least 10 percent.

"Keep in mind three simple calorie facts—(1) all foods provide some calories, that is, units of fuel for body energy, (2) foods that pack the most calories are the starches, sweets, and fats, and (3) more calories than you use in work or play—that's where fat begins.

"For a reducing diet keyed to the times, eat almost no grain food, and you will be doing even better than the 40-percent reduction recommended by the Famine Emergency Committee. Every roll, or thick slice of bread, or ounce serving of cereal that you don't eat trims about 100 calories from the day's meals.

"By substituting fruits and custards for baked desserts, such as cake, pie, doughnuts, or cookies, you can trim off another 100 to 300 calories, because so much sugar and fat go with the flour in these."

# GUIDE POSTS

## Home Storage—A Food Saver

Don't overlook home storage as an effective, inexpensive way of storing suitable fruits and vegetables. When crops can be preserved by storing, they should be kept in their natural condition instead of canned or dried.

Since the spotlight is on spuds as a substitute for that second piece of bread, families who have grown their own or have laid in a supply during the peak marketing season will want to be sure to store them so they'll keep. Late cabbage, celery, onions, parsnips, turnips, and other root crops are also suitable for storage.

Successful storage isn't at all difficult, say the experts. How it's done is set forth in *Home Storage of Vegetables and Fruits*, USDA Farmers' Bulletin 1939.



## Testing Tenderness

So you'd like a tender cut of meat? Or just some meat.

To aid the housewife in choosing cuts when a choice is available the Bureau of Animal Industry has conducted studies of the relative tenderness of different cuts of beef.

The studies showed that tenderloin lives up to its name, being the tenderest cut. Next is the rib, followed by short loin, loin end, and two chuck cuts in that order. The chuck cuts varied in tenderness but the difference was not consistent enough to permit rankings. Next in order were the round, neck, and foreshank.

Steers are more tender animals than cows, judging from the study of carcass samples. Tenderness, in case you want to know, is associated with the diameter of muscle fiber. The smaller the fiber the tenderer the meat.



## Let There Be Light

Eyesight is precious—how well we know! One way to guard this precious treasure is to have adequate light where we need it. Every place where reading, sewing, and other close-seeing jobs are done should be illuminated by a good lamp with the proper size bulb. By armchair, at study table, by the piano and the sewing machine are places that need plenty of light. As a guide in selecting the right lamp for the right place in your home, the Rural Electrification Administration offers the following suggestions:

1. Choose a study lamp (or junior size floor lamp) that is tall enough and with a shade broad enough to spread a wide circle of useful light—allowing one to sit up comfortably while reading.
2. Be sure the lamp has a diffusing (reflector) bowl under the shade to reduce glare and soften the light.
3. Choose floor and study lamps designed to use the three-light bulbs which allow for wider selection of lighting needed for various activities.
4. Select shades broad at the bottom, deep enough to conceal the diffusing bowl and with a white lining to reflect the light. A white or ivory shade provides about 50 percent more light than a dark one which absorbs light.
5. Select shades that harmonize one with the other, where two or more lamps are used in the same room.

## Buttons on Your Coat

The chances are that the buttons on your coat were made from the nuts of the tagua palm that grows deep in the forests of Ecuador. Tagua or vegetable-ivory nuts are about the size of hens' eggs. After

the nuts are sawed into flat layers, the sorted slices are exported to the button factory where they are colored and shaped. The world's largest factory using tagua is said to be at Rochester, N. Y.

The tagua button is easily colored and keeps its color well, but it is breakable. During the war synthetic substitutes were found which, in some cases, seem to be more durable and cheaper to process. To the extent to which these substitutes will replace tagua buttons in the future is anybody's guess.

## School Sector

With the war against inflation still undecided, the Savings Bond Division of the Treasury Department has come forward with a reminder that vacationing school children can hold down a small sector in the fight. They can continue and enlarge their savings bond stamp purchases with the proceeds from their vacation jobs. Older children with regular jobs should be urged to join pay roll savings plans. Younger children should equip themselves with stamp books and stick the stamps in them regularly.

At dinner table forums, parents can point out to children that by passing up sundaes, ice cream cones, and drug store sandwiches they can not only save for goals they want to reach but also help make available more food for their school age brothers and sisters overseas.



Every Saturday—Coast to Coast  
over N. B. C. 12:15 p. m. EST  
11:15 a. m. CST  
10:15 a. m. MST  
9:15 a. m. PST

Dramatizations, interviews, questions and answers on consumer problems. Tune in.  
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